

Lesson Four

Topic: Dangerous food

Key words:

Obese, fizzy drinks, to opt for, osteoporosis, genetically modified food, to binge, feel the buzz, prospects, canteen culture, heart disease, seriously destructive

Suggested tasks/activities:

Starter: Vocabulary builder- see task 1 – find a phrase which means the same as.....

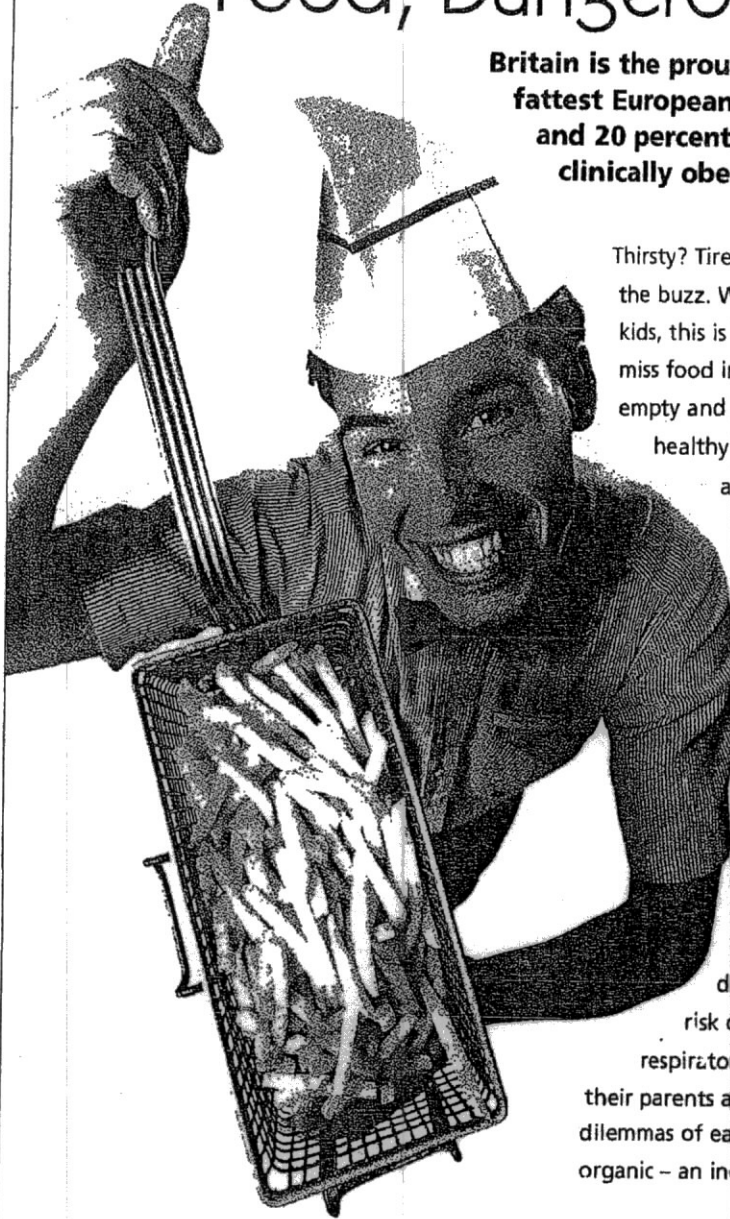
Reading: Food, Dangerous food. Read and paraphrase in pairs using your own words in simple English

Writing: Writing the comprehension questions to the given answers (see task 2.)

Set test on spelling for next lesson to constitute a **LISTENING TASK** from key words for lessons 3 and 4

Food, Dangerous Food

Britain is the proud holder of the title for the fattest European nation, with 17 percent of men and 20 percent of women considered to be clinically obese.



Thirsty? Tired? Reach for a can of fizzy drink and feel the buzz. We all do it, but for many English school kids, this is breakfast! More than 50,000 8-10-year-olds miss food in the morning and arrive at school tired, empty and irritable. And what are the prospects for healthy eating at school? Many schools now have a 'canteen culture', where kids have a choice. And when the bell goes, they opt for pizza and chips instead of salad and fish. When you're still young, you feel immortal, untouched by 'adult' concerns of obesity and heart disease. The Heart Foundation has just launched a campaign to show that bad habits formed when we're young are often the root causes of heart problems when we're older.

Modern eating habits are seriously destructive. Today's children are more at risk of developing osteoporosis, heart and respiratory diseases and some forms of cancer than their parents and grandparents. They also face the dilemmas of eating genetically-modified food (GMOs) or organic – an increasingly popular option in Britain.

Starting points for healthier eating:

- 1 If you want to lose weight, eat normally and exercise. Diets are hard to maintain and it's all too easy to start bingeing. Particularly, exercising in the morning will help you keep trim, while late-night snacking is a guaranteed way to put on weight.
- 2 If you're a meat-eater, chicken and fish high in Omega 3 are far better than red meats. They're good for your brain, too!
- 3 Fizzy drinks, tea and coffee are all 'diuretics'. This means that they take water away from the body, rather than replenishing it. Fizzy drinks also contain phosphorus, which reduces the amount of calcium the body can absorb from food. So, if you suffer from headaches, mood-swings, or just a general lack of energy, try replacing all those drinks with lots of water. Other benefits are that your complexion gets clearer and your eyes start glowing like headlamps!

Food, Dangerous Food

Before reading

Lead-in

Ask the students which foods they consider to be part of a healthy diet. Do they believe that they eat healthily? What good and bad eating habits do they have? Have any of your students ever eaten English food? Do they consider it to be healthy or unhealthy food?

During reading / feedback

Reading comprehension

As the students read the article, ask them to make notes on what is said about the following:

- ☐ Reasons for bad eating habits
- ☐ The effects of a bad diet
- ☐ Losing weight
- ☐ What to drink

Get them to compare their answers in pairs. As you get feedback from the class, encourage them to cover their notes and give you their answers in their own words.

Vocabulary

Ask the students to work in pairs to complete activity 1, Vocabulary.

Writing comprehension questions

Ask students to complete activity 2, Writing comprehension questions.

Follow-up activities

Writing menus

Ask the students to write the ideal menu for one of the following people; a *footballer in training*, an *old lady*, a *teenager*, a *model on a low fat diet*. The students must justify their reasons for each item on their menu. An alternative would be to write a terrible menu and explain why each thing is so bad.

Keeping a food diary

Ask students to keep a food diary in English of everything they eat in one week. Get them to compare their food diaries with those of other students. Who has the healthiest diet?

Answers

1. Vocabulary 1 cheese, 2 fizzy drink, 3 to opt for, 4 osteoporosis, 5 genetically modified food (GMO), 6 to binge.
2. Writing comprehension questions
Suggested answers
1 What effect does missing breakfast have on schoolchildren?
2 Why do children in particular tend to eat a bad diet?
3 What evidence is there that people's eating habits are worse than they used to be?
4 Why are weight loss diets often a bad idea?
5 What are the healthiest kinds of meat?
6 Why are fizzy drinks bad for our health?

Timesaver Reading Lessons • Photocopiable Activities

Food, Dangerous Food

1. Vocabulary

Find words or phrases in the article that mean the same as:

1. extremely and unhealthily fat
.....
2. a drink with gas (opposite to a still drink)
.....
3. to choose something
.....
4. a disease which causes the bones to weaken so that they break more easily
.....
5. food that has been genetically changed so that it is no longer completely natural
.....
6. to consume a lot of food in a short space of time
.....

2. Writing comprehension questions

Write the comprehension questions for these answers about the text.

1.?
They arrive at school feeling tired, empty and irritable.
2.?
Because they can often choose food that they like from the school canteen and the long-term effects of bad eating habits don't usually worry them.
3.?
More people develop osteoporosis, heart and respiratory diseases and cancer.
4.?
Because they often cause people to binge.
5.?
Chicken and fish (especially fish high in Omega 3).
6.?
Because they are diuretic (they take water away from the body) and they contain phosphorus which reduces the amount of calcium that people can absorb.